

# Fruity Greek Yogurt Smoothie

Yield: 1 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/peaches-and-greek-yogurt-recipe>

## Ingredients:

- 1 cup Greek yogurt pineapple, I used Chobani
- milk couple of splashes of your favorite, nut milk or cow milk
- 1/2 banana
- 1/4 cup frozen mango
- 1/4 cup frozen sliced peaches

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 35 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 5 grams
8. Sodium: 125 milligrams
9. Sugar: 30 grams

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